



# *The Achievers IAS Academy*

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## **Javelin Throw :-**

Throwing of javelin i.e. spear (Indian term –Bhala) is a sports event under ‘track-and-field’ in athletics. In this spear must be at least 2.6 metre or 8ft 2 inch or 102.4 inches long. It’s weight should be at least 800 gm.

The whole process of throwing of javelin consists of ----

### 1. The run-up :

It is a runway measuring 4metre (13ft) wide and 30 metre (98ft) long. In this stage the thrower is required to run through which he gets momentum to throw from the agility and athleticism typically associated with running and jumping.

### 2. The transition ;

In this stage, the thrower’s back muscles contract as the javelin is brought back in alignment with the shoulder with the thrower’s palm up

This stage stretches thrower’s pectoral or chest muscles. The contractions of chest helps in bringing throwing arm forward with increased force>

### 3. The delivery stage :

In this stage rotation of the shoulders initiates the release ,which then transfers movement through the triceps muscles, wrists and fingers to extend the throwing arm forward to release the javelin.

It must be noted that a throw is legal only if the tip of the javelin lands within a sector (covering an angle of 28.96 degree extending outwards from the arc at the end of the runway). Moreover, the tip must strike the groun before any other part of the javelin.

The distance of the throw is measured from the throwing arc to the point where the tip of the javelin landed, rounded down to the nearest centimeter.

Javelin throw (men) is known as 'decathlon' and javelin (women) is known as heptathlon.

Records:

- Longest : Jan Zelezny (98.48 metre) 1996
- Tokyo Olympic :
  - Gold:- Neeraj Chopra (india)
  - Silvver: jakub Vadlejch (czech)
  - Bronze : Vitezslav vesley9Czech)